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The VOXair



Seeing Light at the End of the Tunnel



Major Patti Loufitt, 17 Wing Surgeon, says we should be hopeful and excited about the vaccine roll out. See our stories about the pandemic relief actions on page 2.

435 Sqn Flies Relief North



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Wpg Mbrs Awarded OMMs



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Bell Lets Talk Day



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17 Wing Sees the Light at the End of the Tunnel

Bill McLeod, Voxair Manager

Captain Brian Weigelt, a Physician Assistant at 23 Health Services Centre, 17 Wing Winnipeg, became the first Winnipeg military member to receive the coronavirus vaccine on the morning of Jan 14

Capt Weigelt is one of the frontline 23 Health Svcs members who has been performing the swab tests on Winnipeg military members suspected of having COVID 19.

“Being able to swab members here means we have been able to relieve some of the burden of the civilian system,” said Capt Weigelt. “Ideally any military member should be coming to us for testing.”

Community Health Nurse Michelle Long administered the injection of the Moderna vaccine to Capt Weigelt and cautioned him that, just like the flu vaccination, he would experience soreness in his arm and that he may feel some effects as his immune system went to work.

Ms Long mentioned that the Moderna vaccine required less rigorous handling than the Pfizer vaccine. The dose given to Capt Weigelt is one of the 1200 received by the Canadian Armed Forces for distribution to the frontline workers who are likely to be in close contact with other military members who have the virus.

The Surgeon General of the CAF, Major-General Marc Bilodeau, has come up with a distribution plan based on prioritized need. The first category is the frontline health workers and CAF members with high risk medical conditions, the second is high risk members like first responders who don't fit into the first category, the third category is members providing essential services, the fourth is members in force generation, and the fifth category is all other members. The Surgeon General is recommending all CAF members get the vaccine.

Major Terrance Patterson, Commanding Officer of 23

Health Services, and Major Patti Louttit, Wing Surgeon, were on hand to witness the historic event and Maj Louttit had some encouraging remarks for Winnipeg military members.

“If there is a message Wing members should take from this, it's a message of hope,” Maj Louttit said. “There is a light at the end of the tunnel.”

“This marks the beginning of the start of a return to normal. People should be hopeful and excited,” she said.

“The speed of the development of the vaccine is nothing short of miraculous,” she said but added that we still have to be patient.

“Even with a vaccine people need to be patient because they will still have to follow all recommended public health measures and stay the course until this is over.”



What does social (physical) distancing look like?



Safe to do	Use Caution and Consider the Situation	Avoid
<ul style="list-style-type: none"> Spending time with household members (so long as they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating) Outdoor physical activity (e.g. walking, running, biking, hiking) on your own or with your household members Gardening, yard work and general household maintenance Play in your yard Get groceries and other goods delivered Use technology to chat with family and friends Play games (e.g., board games, video games) at home Listen to music, read a book Cook a meal 	<ul style="list-style-type: none"> Visiting grocery stores (Where possible, shop for groceries once a week and have one household member do the shopping) Picking up medication Getting take-out 	<ul style="list-style-type: none"> Play dates Sleepovers Group gatherings, outings or events (e.g., birthday and dinner parties, celebrations, weddings, funerals, religious services, team sports) Visiting crowded stores or outdoor spaces Having visitors in your home Having non-essential workers in your home Driving with friends in a car Peak transit times

435 Sqn Flies in Support of Op LASER



Shamattawa, Manitoba, on December 9, 2020. Cpl Tanner Musseau-Seaward Imaging

What follows is a write up by Capt Zawada (Pilot, First Officer) of 435 Squadron for the missions flown over the holidays at Red Sucker Lake and Shamattawa in support of Op LASER. This write up is from a mission he flew on 14 December 2020 for publication in the 17 Wing Voxair.

“Time was certainly a factor for aircraft to get in and out of remote airfields such as Shamattawa. Particularly for this airlift, was the absence of usable runway lighting for incoming aircraft to arrive at night in a safe manner. With this in mind, the crew arose into the sky before the sun to

make the most of what little sunlight northern prairie winters can provide. Army personnel and equipment such as snowmobiles and toboggans awaited the Herc in Brandon to complement the doctor that departed with the aircrew in Winnipeg. With the initial equipment loaded in the cargo compartment, more space was available to bring additional impromptu supplies for the first haul. Maximizing every trip to remote locations was the aircrew's understanding as a second round trip may not be feasible with the additional stops planned for the limited daylight hours. Pallets of food and water were then quickly loaded just as the sun was rising, after which, the Herc was on its way to the first stop, Shamattawa.

Clear and sunny skies over the snow and ice covered gravel strip of Shamattawa greeted the incoming Herc, however they were not alone. It was

soon apparent that the military was just one of the moving parts to bring aid as RCMP and Perimeter aircraft made every foot valuable in the small apron for aircraft parking. Planes were taking off and landing as the Herc was offloaded then brought aboard Army personnel and their equipment to the next remote location, Red Sucker Lake. The increased air traffic polished the compacted snow covered gravel strip and created near ice like conditions.

Red Sucker Lake brought the same challenges and the added penalty of being about 450 feet shorter to the already short strip in Shamattawa. But the capabilities and techniques of the mighty Herc prevailed. Army personnel and their equipment were safely offloaded and created an empty Herc light enough to spring into the air without any undue risk. The sun was soon setting as the Herc was refuelling in Brandon, so with the daylight slipping away, the aircrew returned home with pride on another day of successful airlift.”



CC-130 Hercules and members of 435 Squadron support Shamattawa, Manitoba, on December 9, 2020. Photo By Cpl Tanner Musseau-Seaward / 17 OSS Imaging

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Master Warrant Officer Edward Hebb appointed as member of the Order of Military Merit

By Captain Lynne Patterson

"It's very humbling and I'm really surprised," said Master Warrant Officer (MWO) Edward Hebb, on December 4, 2020, upon learning Governor General Julie Payette has appointed him member of the Order of Military Merit.

"I've worked with some great people over the years and I can say my troops make me look good," he said, addressing his construction engineering colleagues assembled for the presentation at Camp Canada, on Operation Impact. "Our type of work is not done alone. I see this as a team effort and I want to say thank you to everyone."

MWO Hebb's chain of command back home says he has served the Canadian Armed Forces (CAF) with both dedication and distinction since his enrollment in 1998.

"He has outstanding integrity and leadership skills at a level that consistently exceeds all expectations," says Colonel David Proteau, Wing Commander, 17 Wing Winnipeg, where MWO Hebb is currently posted. "Deploying eight times throughout his career, he is the epitome of service before self. MWO Hebb is continually challenging himself with professional development opportunities and volunteer initiatives within the community. He is known for his leadership, work ethic, and infectious morale."

Operation Impact's Operational Support Hub – South West Asia commanding officer Lieutenant-Colonel Stéphane Roussel delivered the news to MWO Hebb, remarking it was the first time in his 24-year career he had the pleasure to announce something like this. Following the presentation, the construction engineers gave a robust trade cheer of "CHIMO!" in support of their colleague's recognition. For the uninitiated, the expression is a saying engineers use with one another. The word derives from the Inuktitut greeting *saimo* (*saimu*), which means hello, goodbye, peace be with you, and similar sentiments.

MWO Hebb joined the Canadian Armed Forces as an electrical distribution technician in 1998 with the 14 Engineering Squadron in Bridgewater at Canadian Forces Base Greenwood, Nova Scotia. As a MWO, he is now a construction engineering superintendent, a project man-

ager who oversees the seven different trades within construction engineering.

He started preparing months ago for his six-month deployment on Operation Impact. "We knew we were going high readiness," said MWO Hebb about the benefits of arriving in theatre with his team from home. "From 17 Wing, there are nine people in construction engineering alone. You hit the ground running and already have a relationship with these people. You know their strengths. And it helps your subordinates when they need help because they already know their chain of command."

Throughout his career, MWO Hebb has had a variety of postings across the country and more than a handful of deployments: Golan Heights in 2002, Afghanistan (2005, 2007, and 2008), Air Task Force Reassurance in Romania and Lithuania (2014), and Operation Impact four times: Kuwait 2015, Jordan 2016, Iraq 2018, and now six weeks into his most recent deployment in Kuwait.

It's a lot of time away from home and he admits it's challenging, but he has noticed a huge improvement in



Master Warrant Officer (MWO) Edward Hebb, Engineer Sergeant Major and Plans MWO, learns from Lieutenant-Colonel Stéphane Roussel and MWO Mario Rosales, Commanding Officer and Sergeant Major of Operational Support Hub – South West Asia, Operation IMPACT, that Her Excellency Governor General Julie Payette has awarded him the Order of Military Merit on December 4, 2020 in Camp Canada, Ali Al Salem Air Base, Kuwait.

the options to communicate with his wife and three children while he's away. "It's a whole lot easier now than when we were in Afghanistan when we were trying to track down a satellite phone to call home. With FaceTime and emails, it's so much better."

Despite the fact that he has started his deployment with this momentous accomplishment, MWO Hebb remains focused on his job.

"My goal is to make the camp better than when we arrived," he says. "I'm happy to be here and I'm looking forward to a great tour with my team."

USAF Member Based in Canada Recognized for Dedication

Lieutenant-Colonel Nathan Willis, United States Air Force, was recently recognized as the First Air Force (United States Air Force) Field Grade Officer of the Third Quarter (July to September 2020). Lt Col Willis was honoured for his work as a member of Canadian NORAD Region headquarters in Winnipeg, Manitoba at a virtual ceremony held by Lieutenant-General Kirk S. Pierce, Commander of First Air Force, Air Forces Northern and Continental NORAD Region on Friday, November 20, 2020.

Demonstrating the fully integrated, bi-national relationship inherent in the NORAD structure, as Chief of Plans and Exercises for the Canadian NORAD Region, Lt Col Willis was the Air Expeditionary Group Commander for US Air Forces at Exercise Amalgam Dart as well as Operation Noble Defender. In the face of the global pandemic, Lt Col Willis developed plans to ensure the safety of all participating personnel and local communities so that the Royal Canadian Air Force and USAF were able to smoothly integrate operations for the defence of North America.

Lt Col Willis also directed a COVID-19 Working Group, focused on risk analysis and developing mitigation strategies to ensure that operations within the RCAF's 1 Canadian Air Division, and across the Canadian NORAD

Region, were able to execute the defence of Canada safely.

Exemplifying the close bi-national relationship between Canada and the United States, as a senior staff officer, Lt Col Willis headed working groups which sought to enhance security in Canadian air and maritime domains. This produced concepts to synchronize the Canadian NORAD Region's efforts to protect the sovereignty of Canadian airspace and waterways and coordinate a strategic response in defence of North America.

"Lt Col Willis has shown dedication and determination to accomplish a wide range of missions in the defence of North America during these unprecedented times," said Brigadier-General Edward Vaughan, Deputy Commander, Canadian NORAD Region. "Through innovation and cooperation with our health experts, Lt Col Willis developed plans to enable operations, while mitigating COVID-19 transmission risks. These are no small feats and he is very deserving of this recognition."

During this time he also held watch as Chief of Combat Operations in the Canadian Combined Aerospace Operations Centre, responsible for over 900 missions ranging from defence of North America to search and rescue, leading dozens of Canadian and American military personnel.



Lieutenant-Colonel Nathan J. Willis, USAF at 17 Wing Winnipeg, on November 21, 2019. Photo by: Cpl Brian Lindgren, 17 OSS Imaging.

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Sgt Cross Honoured with OMM

By Martin Zeilig

Sergeant Serena Cross, Deputy Maintenance Support Officer at 435 Transport and Rescue Squadron, says that being honoured with the Order of Military Merit was completely unexpected.

She didn't even know that she'd been nominated for the award.

"It was a surprise at first," Sgt Cross commented during a telephone interview on December 7th.

"I'm honoured and proud to be inducted into the Order of Merit. It's a career milestone for sure. My dad and husband and two children are very proud too."

"Since her enrollment in August 2005, Sgt Serena Cross has served the Canadian Armed Forces with dedication and distinction," says the Nomination for the Order of Military Merit.

SERGEANT SL CROSS, CD.

"She is an accomplished Aviation Systems Technician, who has received numerous letters of appreciation and accolades for her unparalleled performance and leadership at a level that consistently exceeds all expectations. She continually challenges herself with professional development opportunities and volunteer initiatives within the community.

"Early in her career, Sgt Cross stood out and earned an accelerated promotion to Cpl for her high standards and initiative. Her remarkable drive and dedication continued to manifest itself through her career. She was hand-picked to participate in a leadership seminar at 3 Canadian Forces Flight Training School, providing valuable mentorship to junior officers. She is also takes a leadership role in her community as a member of the Board of Directors for the Winnipeg Heritage Park Children's Program.

"She was hand-picked to participate in a leadership seminar at 3 Canadian Forces Flight Training School, providing valuable mentorship to junior officers. Due to her professionalism, empathy and excellent communication skills, as a MCpl with 435 Sqn, she was appointed as the Designated Assistant to the parents of an 8 Wing RCAF member who was killed in a motor vehicle accident just before Christmas.

"She provided empathetic support to the family during the entire process, including throughout the Christmas leave period. The exceptional support she provided the family and her service as an outstanding representative of the RCAF were highlighted in a LOA from the 8 W Comd. During the "Lessons Learned" briefing with the JPSU, she agreed to return to speak at the next Designated Assistant course so others could learn from her experiences.

"On her own initiative, Sgt Cross volunteered to lead a 435 Sqn team to participate in the 2019 Aerospace Maintenance Competition, an annual international competition designed to showcase aircraft maintenance expertise. Sgt Cross expertly planned and executed the logistics and administration required to enter and support the team in Atlanta GA. In her capacity as team lead, Sgt Cross skillfully mentored and led the team to an impressive second-place finish in the Military Category, out of a total of 25 military teams. The 435 Sqn



Sgt Serena Cross, 435 Squadron, displays her OMM ribbon to Martin Zeilig, Voxair Photojournalist.

team also received the top score in five of the individual events, clearly showcasing RCAF technical prowess on the world stage. In September 2019, Sgt Cross again brought credit to her Sqn as a member of the Colour Party for the 2019 Battle of Britain Parade in Ottawa. A gifted orator, Sgt Cross has spoken at many public engagements where she has demonstrated a unique ability to speak to multi-faceted groups with ease.

"Sgt Cross conspicuously stands out amongst her peers and is a recipient of the Queen's Diamond Jubilee Medal. Due to her exceptional service, professionalism and dedication throughout her career, Sgt Cross is highly recommended for appointment into the Order of Military Merit."

Sgt Cross, whose husband, Sergeant Stanley Cross, is



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an Avionics Technician at 402 Squadron, said that her Chain of Command kept the nomination for the award hidden from her.

She first found out on December 2 after receiving a phone call at home from her Commanding Officer and another officer at 435 Sqn.

"They came a presented me with my ribbon and a little form, not the formal citation," Sgt Cross, a native of Edmonton, Alberta, said.

The memo, which was from 1 Canadian Air Division, said that it's their pleasure to inform her that "Her Excellency the Right Honourable Julie Payette, Governor General of Canada, has appointed Sgt Cross as a member" of the OMM.

The presentation will be done at a later time at Rideau Hall, the Governor General's official residence, in Ottawa, Sgt Cross said.

"It reinforces that what I'm doing is great," she said. "It gave me more energy to continue, and affirms that I'm on the right track. I do my best every day."

Sgt Cross also stressed that being in the Canadian Armed Forces has been a wonderful ongoing experience ever since she enlisted in 2005.

"I just fell in love with being in the CAF," she said. "It seems to evolve and grow as I do. It's been amazing."

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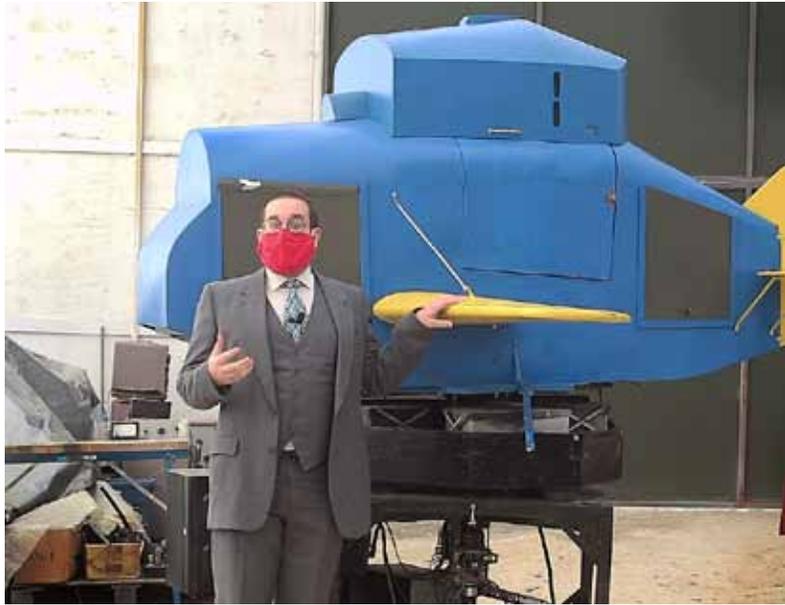


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YouTuber Explores Link Trainer at the Ghost Squadron



Gilles Messier, with the cooperation of Ghost Squadron and the 17 Wing Heritage Officer, created a video on the historic importance of the Link trainer presently at the Ghost Squadron facility. Photo: Submitted.

By Martin Zeilig

Local amateur historian/author/playwright/professional engineer Gilles Messier produced a 15-minute video posted on YouTube in November, which tells the history of the Link Trainer, an early flight simulator. The video was filmed in Building 32 at 17 Wing, the home of Ghost Squadron.

Ghost Squadron is a group of volunteers who work on restoration of aircraft and other historical items within the Wing and 1 Canadian Air Division.

The Link Trainer, also known as the Blue Box and Pilot Trainer, is commonly used to refer to flight simulators produced between the 1930s and 1950s by Link Aviation Devices, founded and led by Ed Link, based on technology he developed in 1929. During World War II, they were used as a pilot training aid by almost every combatant nation. The Link Flight Trainer has been designated as a Historic Mechanical Engineering Landmark by the American Society of Mechanical Engineers.

"We're very pleased to support the making of this film and using our resources and workshop in Building 32," Gord Crossley, Wing Heritage Officer, said in a telephone interview.

"As part of the work that Nick is doing, he will be completing a Link Trainer cockpit for eventual display in Bldg. 25, which is 1 Canadian Air Division HQ."

The Link Trainers that appear in Messier's video belong to Nick Reeder, an Air Canada pilot, volunteer with the Ghost Squadron, and a volunteer at the Commonwealth Air Training Plan Museum in Brandon, MB.

He said he saw his first such trainer at age 12 when he was a member of the Air Cadets.

"A few years ago, I got the opportunity to purchase a few of them," Mr Reeder said. "There was a mystique around it for training pilots."

He has praise for the detailed accuracy of Mr Messier's video.

"He's passionate and knowledgeable about history and was a lot of fun to work with. He did a very good job with that documentary telling the story of that Link Trainer. A lot of what I had to learn about the Link Trainer has been self teaching and online," Mr Reeder said.

"With his engineering background, Gilles has a great mind for working out the technical details of the Link Trainer."

He hopes to get two of his trainers up and running at some point in the New Year.

During an interview on November 25, Mr Messier said he lost his job in June as a mechanical engineer at a local farm implements business due to the COVID-19 pandemic but a month before he lost that job he had applied to write for a YouTube channel, Today, I Found Out.

"They do short videos on all sorts of interesting things, like historical facts and answering people's questions," Mr Messier explained.

"Now, I write ten to thirteen scripts per month fulltime for them. They pay per script, and I have full reign to write about anything I want-- aviation, medicine, anything that interests me. So, this is my job now.

"I get to work from home. It allows me to work on all my other interests, including writing a play for the Fringe Festival, a novel I just completed, and a radio play (among other things). I'm in a much better place now-- working in a place that's far better suited to my interest in communication not so much engineering itself."

He also has his own YouTube channel, which he's been running since the pandemic first started earlier in 2020.

"I have almost 80 videos on my own channel right now," Messier said.

"I do all the video and audio myself. I set up the camera on a tripod and do all the shooting myself. I have wireless microphones. I have a friend who's an assistant sometimes.

"I've been interested in the Link Trainer since a very early age. When I was five years old, I had a birthday party at the Western Canada Aviation Museum and went for a ride in a Link Trainer. So I thought that might be an interesting story for my YouTube channel."

He, then, got in touch with Mr Crossley, who mentioned to him that Mr Reeder was "cannibalizing" parts from his

four Link Trainers to build a display model for 17 Wing and a completely restored one for himself, Messier said.

"Nick put together the most complete Link he had so we could show it on the video, and we brought out some sub components," Messier remarked. "It was a very quick turnaround between me meeting him and filming the video within a week. It took another week for me to edit it altogether. It was rather serendipitous from me having the idea to do a video on the Link Trainer and one already there for me to film from start to finish. It was a great experience."

Mr Messier's video, on his YouTube channel, Our Own Devices, can be viewed here:

https://www.youtube.com/watch?v=PYTrjch_G64

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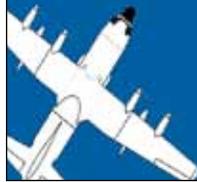


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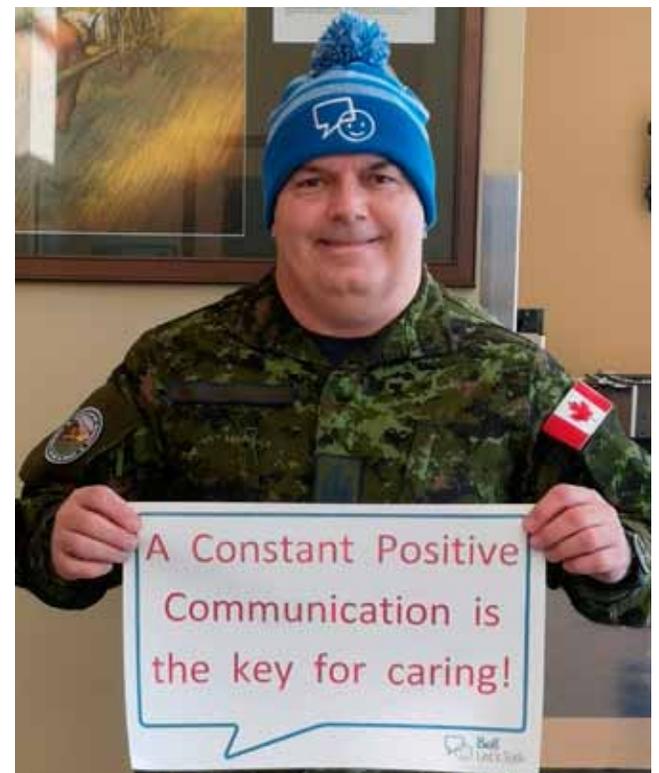
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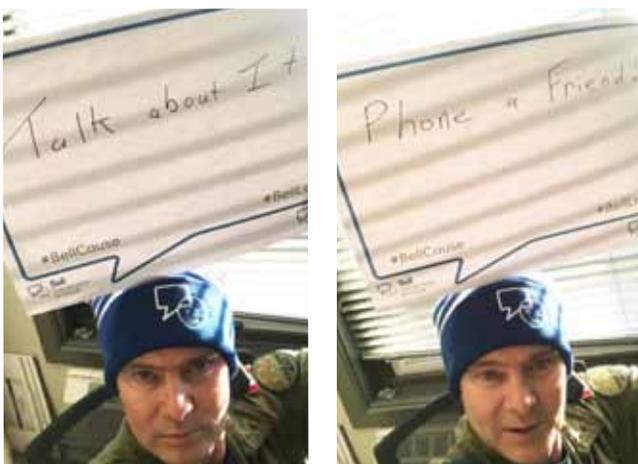
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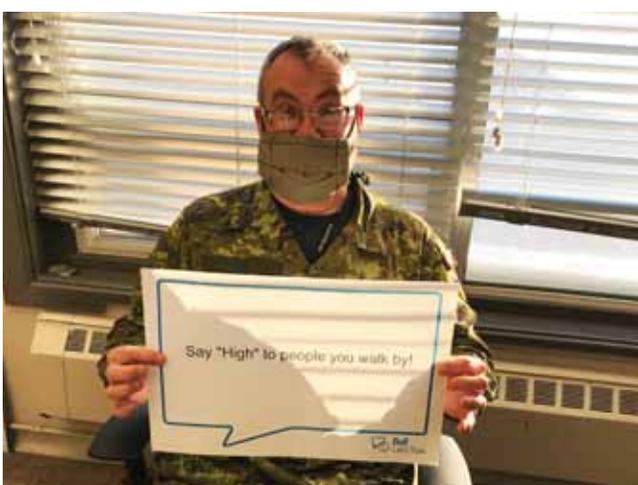
CWO Tony Savard, 17 MSS SWO



LCol Art Jordan, CO 435 Sqn



23 CF H Svcs C has been embracing technology and social media to keep team members connected and promote mental wellness. As a health care organisation, nearly all staff have continued work since the beginning for the pandemic; albeit some are in the clinic every day and others work from home. Although staff have been connected through work during the pandemic, there is definitely a need to keep engaged beyond the specifics of work and maintain the connections that so many of us have been accustomed to. In view of that, a private unit social media account (Instagram) was created as a means to share picture of key events and celebratory moments. A majority of the unit is on the account and it has proven a great way to share special moments while separated and limited by physical distance. Through the account the Comd Team has been able to conduct live town halls as means to provide words of encouragement and updates. The unit also has a periodic newsletter which has proven to be a source of both information and humour. The lastest Christmas edition of the newsletter contains the Comd Team Christmas message, short stories and articles, recipes and a humor column. Most recently, as a holiday event, the unit leveraged some of its Unit Assistance Grant monies to host a virtual Bingo event full of many laughs.

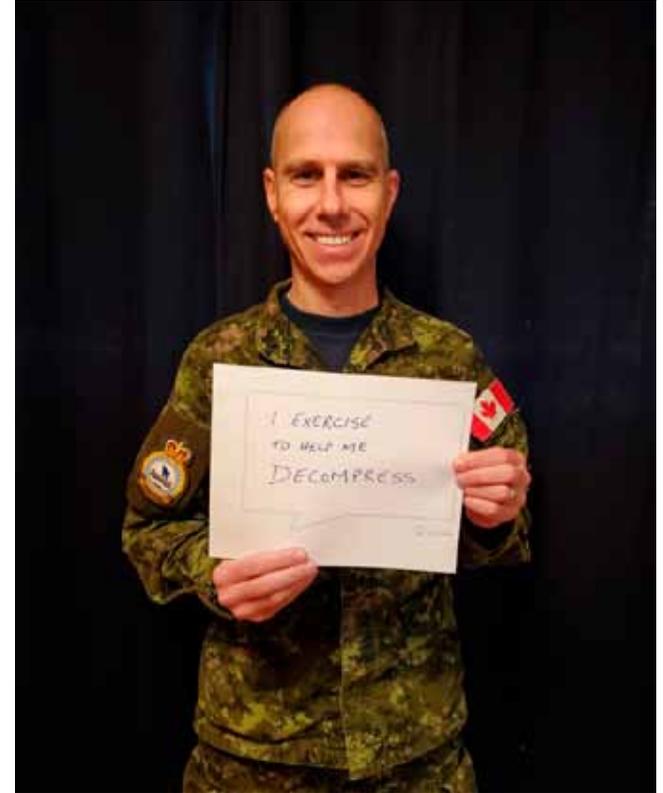


CWO Shave, SWO 435 Sqn



Major Ismael Koussay, Commanding Officer, 17 Wing Detachment Dundurn

MSS will be having a MSS Zoom Bell Let's talk hour on 28 Jan at 1000 hrs (before the 17 Wing virtual panel). Our MSS Zoom account will be able to accommodate 100 MSS participants.

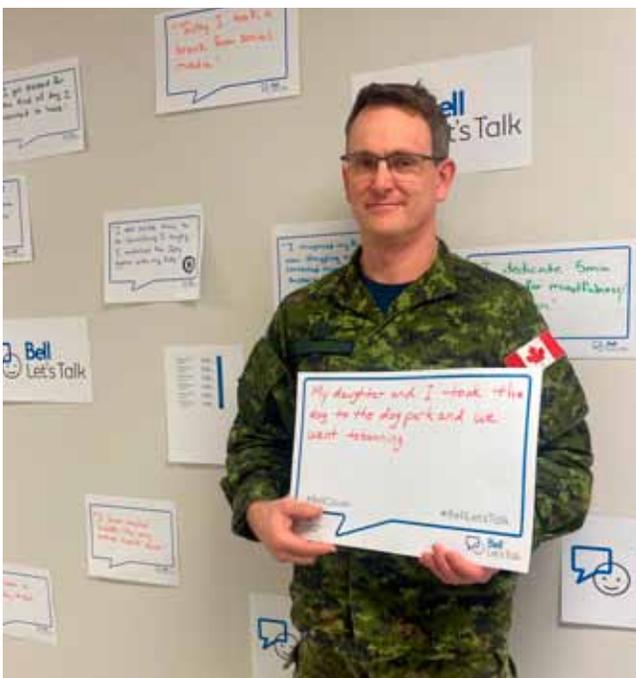


CWO Claude Faucher, 17 Wing CWO

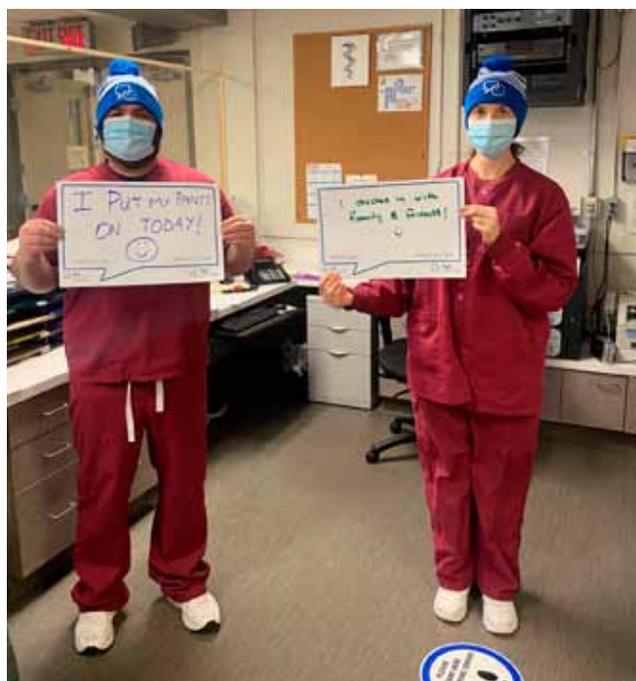


LCol Ian Perreault, Commanding Officer, 402 "City of Winnipeg" Squadron

17 Wing Commander Colonel David Proteau and Wing Chief Warrant Officer Claude Faucher raise the Bell Let's Talk flag earlier this week.



Capt Neil, 23 Health Svcs Chaplain



Capt Breed and Cpl Melchiorre, 23 Health Svcs.

Haley Schroeder, Mental Health Clinical Team Leader, 23 Health Svcs.



Maj Kevin Olive, 17 Wing Chaplain



Positive Program an Opportunity to Connect with Military Families

By Martin Zeilig

Jenny Brennan, the Adult and Parent Coordinator at the Winnipeg Military Family Resource Centre, says that she was “slipping into the negative” several months ago.

She thought the ongoing Covid-19 pandemic would never end and she didn't know when she was ever going to see people, apart from her family, again.

So, she started the Positive Program last September at the MFRC because, in her own words, “I needed that in my own life.”

“When I was talking to my clients, I saw the similarities with them too,” Brennan said during a telephone interview on January 22.

The Positive Program is a Zoom meeting forum.

“I have participated in the Positive Program monthly since it started in September,” Lindsay Allan, a mother of four sons, whose husband is Corporal Peter Allan at 17 MSS, said in an email to The Voxair on January 23.

“It has been a wonderful opportunity to connect with other military family members, as well as exploring new ways to enjoy our time during Covid.

“We have had many monthly themes such as exploring gratitude, self care and enjoying (or learning to enjoy!) the outdoors. The program has given me some new experiences and activities that I may not have explored otherwise such as keeping a gratitude journal and new self care strategies. The gratitude journal was presented in the first month and I reach for it even now, almost 5 months later to write quotes I find interesting or simple moments I'd like to remind myself about later.”

She added that one of her favourite parts of the program is the monthly zoom meeting.

“It is a way that I can re-connect with the military community that I haven't been able to do as much now with Covid restrictions and living in the community instead of in the RHUs,” she said.

“Jenny is a fantastic host and we always have interesting conversations during our zoom meetings.”

People wishing to register for the program should do so a week or so before the first of each month, said Brennan. The fee is five dollars per person.

“Each person receives a kit with things that are going on in that month,” she added.

“Some of the information for that particular program will help them throughout that month,” she said.

“We have a Zoom call each month, usually on the first of the month in the evening for an hour. We talk about what the theme of the month is and how it relates to positivity, and how they can use that for themselves. Then, we go through the kit and how they can use it and what they can do.”

Brennan also mentioned that there is a positive program group on the Winnipeg Military Reserve Centre Face book page, on which she posts something having to do with the theme for that particular month.

“The members can go on and post what they're doing and what's going on that day,” she said.

The theme for January has been “All About the New”—a new month and a new year putting 2020 behind us and focusing on new things, Brennan said.

“So, they had a challenge bingo where they had to do something new like (ordering from) a new restaurant or

FEBRUARY POSITIVE PROGRAM PROGRAMME POSITIF - FÉVRIER

"ALL ABOUT THE HEART"

Cost is \$5 for the supply kit

Please register by January 28th by emailing Jenny at jbrennanmfrcc@gmail.com

Zoom kick-off will be February 1st from 8-9 pm



"Ç'EST UNE QUESTION DE CŒUR"

Frais : 5 \$ pour la trousse de fourniture

Veillez-vous inscrire d'ici le 28 janvier en contactant Jenny à jbrennanmfrcc@gmail.com

1 février, de 20 h à 21 h, via Zoom

trying a new coffee or reading a new book or something like that,” she explained, noting that there are usually about 15 participants each month.

“So, they would post on our group picture or what they've done coinciding with those dates. You don't have to participate each month if you're feeling overwhelmed. They can come and go as they want.”

Zoom meetings take place the first of the month from 8 PM-9 PM.

“It's a lot of me talking, as well as getting the thoughts and perspectives from the participants too,” Brennan said.

Further information is available on the MFRC page on the CAF Connection or by contacting Brennan via email: jbrennanmfrcc@gmail.com

Community Recreation Inviting Families to Make Valentines for Vets

Martin Zeilig, Voxair Photojournalist

Matt Hamilton, a Community Recreation Coordinator at PSP in Building 90, and his colleagues at Com Rec want to help our veterans feel appreciated on February 14 so they're participating in the annual Valentines for Vets initiative.

Each year, Veterans Affairs Canada (VAC) invites Canadian schools, individuals and organizations to make Valentines for Vets. VAC then distributes the valentines to Veterans in long-term care facilities across the country by February 14, says information on the VAC website.

Valentines for Vets began in 1989 when the late newspaper columnist, Ann Landers, encouraged her readers to create special valentines for Veterans in care facilities throughout Canada and the United States. Every year, Landers' special “Valentines for Vets” column asked her readers to remember the sacrifices of their nations' Veterans by making them personal hand-crafted valentines.

VAC became involved with the program in 1996, and has been receiving and distributing valentines to Veterans in care facilities across the country ever since.

“Though Ann Landers passed away in 2002, VAC is committed to continuing her project of thanking Veterans,” says the online information.

“At VAC we invite Canadians, young and old, to send valentines to our Head Office. Your continued participation is what makes the Valentines for Vets program such a huge success.”

“The Com Rec dept is always open to suggestions so when National PSP asked us to join in creating a Valentines for Vets card we were immediately on board,” Colleen Preston, the Com Rec director, said in an email

to the Voxair.

“We worked together as a department with Matt and I in the background and Stacy Thiessen as our front runner. We were thankful that Stacy agreed, she is retired military as was her late husband Gord.”

The way it works is that people create cards and send them to Veterans Affairs Canada and then they get sent to the care facilities that the Vets are in and they get distributed there, Hamilton noted during a telephone interview on January 19.

“We have decided to create a card and a package with all the supplies in it for anyone who'd like to make one of these cards,” he said. “We've put together a pop-up card that has hearts in the middle and we have a paper package with instructions that we currently have in the Canex building for people to pick them up.”

Hamilton added that the cards can then be dropped off at Com Rec either in a special box at the Canex or in Building 33 where the library chute is open so they can be dropped off at anytime.

“We will send those to VAC to get them then sent out to the care facilities,” he said. “Our deadline is January 26. But, if anyone is putting them in our boxes after then, they may not get used till next year.

“VAC distributes them all across Canada. We don't have the ability to give them to the care homes locally. We do ask people to avoid using any images with guns or violence or anything like that or any sparkles or anything that will break off. Otherwise the cards are as customizable as you want.”

Please see the next page for instructions.





Valentines for Vets

We encourage you to help support our Vets by participating in Valentines for Vets by making this card or design your own. Check out the video of how to make a pop up card. Stacy is a retired military member who is one of our Front Desk monitors at building 90!

We have also added two drop off locations, a Valentines for Vets drop off box at Canex during business hours and an all hours drop off box outside of Building 33 for you. Look to the right (north) of the door for the old Library shoot which now is open for Cards. Cards will be mailed on January 21.

There are small packages with paper for pick up to help you create the card above! They will be at the dropoff box in Canex. You will need scissors and tape/glue to complete this card.

Please mail your card to:
 Valentines for Vets
 Veterans Affairs Canada
 Commemoration, Distribution Unit
 125 Maple Hills Avenue

Charlottetown, PE C1C 0B6

Please Remember:
 You can send a store-bought valentine; hand-crafted cards, however, make Veterans feel extra special.

Valentines of all shapes, sizes, and colours are welcome. However, valentines that are greeting-card size are easier to package and distribute.

Please do not include candy or chocolate with the valentines.

Do not use sparkles or materials that easily break off the valentines.

Do not put individual valentines in sealed envelopes. Send VAC a single large envelope containing all of the valentines.

Do not put the date or year on the valentines.

Do not use "RIP" and images related to violence or death such as graveyards or guns.

Canex Hours
 Monday - 7:00 AM - 5:00 PM

Tuesday - 7:00 AM - 5:00 PM

Wednesday - 7:00 AM - 5:00 PM

Thursday - 7:00 AM - 5:00 PM

Friday - 7:00 AM - 5:00 PM

Saturday - 9:00 AM - 5:00 PM

Sunday - Closed

About Valentines for Vets Messaging

Are you looking for help on your messages for your Valentine's for Vets cards?

Tell the Veteran why they are important, what you plan to do this year to remember our nation's proud military history or the reason you want to wish them a Happy Valentine's Day.

Thank the Veteran for his or her service, sacrifice and



commitment to our country and citizens.

Write a poem or include one of significance to Valentine's Day or to Veterans, such as, "In Flanders Fields" or "Roses are Red."

Here are some messages that they have received in the past:

"Thank you for your bravery and courage in the war. Without your courageous acts we may not be here today."

"Thank you for risking your life for my freedom."

"A card made for someone special, who changed the world for the better; and for that you will always be loved, remembered, and treasured."

Webinar Wednesday
Jan 27 2021 @ 1500hrs CST

Staying Connected - If we know one thing about COVID, it's that our mental health has suffered from isolation. Let's talk about what we can do to stay connected and reach out to others.

MY.DEMIO.COM/REF/ABK9YDVE832TYVLR

Webinar Wednesday
3 Feb 2021 @ 1500hrs CST

Better Than Sheep, Let's Get You Some Sleep - Getting a good night's sleep is important to both your physical and mental health. Join us to discover ways to improve the quality of your sleep.

MY.DEMIO.COM/REF/5JRS5CBURLEYTQJN

Webinar Wednesday
10 Feb 2021 @ 1500hrs CST

Show Your Heart Some Love - It Heart Health month. Learn which foods will give your heart a boost.

MY.DEMIO.COM/REF/GY659WYJNDWDCTMM

Webinar Wednesday
17 Feb 2021 @ 1500hrs CST

Expand Your Attitude With Gratitude - Today is International day of Random Acts of Kindness. Join in our discussion on gratitude and its impact on our mental health.

MY.DEMIO.COM/REF/SYTXASRWEZT3DAI



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You can make a difference to the mission of the MFRC.

Volunteer - help with an event, help co-ordinate a program, pitch in to make our annual Gala a success- there are lots of ways you can make a difference for the MFRC. Ask how!

Support Through United Way or All Charities - name Winnipeg Military Family Resource Centre as the designated recipient of your donations through The United Way or All Charities programs.

Support While You Work - many employers have donation matching programs and payroll deduction plans that make it easier for you to manage your charitable contributions.

As a Sustaining Donor - Make a commitment to support our programs with either an ongoing donation through CanadaHelps.ca or with a series of postdated cheques. You will receive a tax receipt for the total at the end of the calendar year while you incorporate your charitable giving into your monthly budget.

Giving A Gift That Gives Again - whether to mark a special occasion or in the memory of a loved one, "Tribute/In Honour of" gifts are a unique and personal way to recognize the event or person.

Giving A Gift to Remember Them - In Memory gifts are a personal way to honour a life well-lived which supports the families of our military community.

Host a "Do It Yourself" Event - You can raise money in your own community. We have great ideas and supports for you and can provide tax receipts for eligible gifts. We do not host or manage your event, but we can promote it on our social media and have staff attend as schedules allow.

Leave a Legacy of Love - speak with your financial or legal advisor about establishing a planned gift through your will or insurance which names the Winnipeg Military Family Resource Centre as the beneficiary.

Donate online at <http://bit.ly/MFRCdonate>
Registered Charity #433105536R0001
Tax receipts will be issued for eligible donations.

“
Finding all the programs in one place makes it easy to register!
— CAF Member, 17 Wing



In addition to finding our programs on Facebook, you can also find our programs on www.CAFconnection.ca/WPG. You can register from the program descriptions.

Use your phone's camera to scan the QR code to be taken right to our programs. Yes, you can scan a computer screen.



CAFÉ FRANCO



Cuisine en soirée

Vendredi 26 février
de 19 h à 20 h via Zoom
Date limite d'inscription : 22 février
à sltwinipegmfrfc@gmail.com

New Recruits Family Cafe

Are you a friend or family member of a new CAF member?

Come and meet our Deployment Coordinator and other parents of military members at our online Friday cafe!

Fridays, Feb 5, 12, 19, 26
1100-1200 hrs

register by emailing deploymentwmfrfc@outlook.com




POSITIVE PROGRAM
March's Theme:
Plant. Grow. Nurture.



We won't just be looking at the gardening side of this theme but also about nurturing ourselves and others, what is needed for our own growth including rest, nutrition, water, mental stimulation & more.

\$5 (includes kit)
Register by Feb. 28
by emailing Jenny at jbrennanmfrfc@gmail.com



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Mature Women's Group

Monday
22 Feb
7 pm - 9 pm
on Zoom




Parent Community Online

FEBRUARY 19
0930 - 1100

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REGISTER BY EMAIL
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It Is Time to Recover as Much as We Can

Padre Greg Girard, Det Dundurn

2020 is a year that will live on in the history books, for sure. Never has life been so disrupted. Never has it been so deliberately injected upon on a day-to-day basis and on such a widespread level. And even politically, has there ever been a year where the whole world was affected so much. I've studied history, and I can't think of one. Even the year 69 (The Year of the Four Emperors), as tumultuous as it was, was confined to those within the Roman Empire.

It will not be remembered by the world as the year of historic loss of life (there were plenty of years where far more lost their lives, in plagues, war and famine). In the four months leading up to the Battle of Vimy Ridge, Canada lost over 10,000 soldiers, and then in the actual four-day battle, Canada lost more than another 10,000. On that hill, the British and French had already lost 150,000 soldiers. I looked for the number of wounded, which would be far more, but could not find it.

It will not be remembered by the world as the year where things got better. In fact, by almost every indicator, the opposite is true. I don't need to go into details on this. We all know that economically, politically, socially, just to name some areas, things got worse. Much worse.

I was reading just today about a man who looks after several homes for those recovering from addictions. He said that never has he had a year where he has lost, or almost lost, more patients than this year. He notes that, the Center for Disease Control in the USA confirms that this is not a local, but a national problem.

"[The increase] represents a worsening of the drug overdose epidemic in the United States and is the larg-

est number of drug overdoses for a 12-month period ever recorded," the CDC stated.

The article goes on to say that calls to Crisis Centers for the month of April 2020 went up 1,000%, according to psychiatrists. They report that isolationism, lack of activity, job loss, and even the simple absence of seeing

if it does not train. We all know that. But courses we have all taken, and books we have read, would just as passionately point out that camaraderie and cohesion can be the difference between which side eats supper that evening, and which one does not go home. Great leaders of the past were almost all aware of this. Personal well-being is all well and good, but in a professional military this is understood in the sense that it contributes to one's ability to contribute to the over-all health of the unit.

That is why, it seems to me, we ought to express concern over this last year. The absence of TGIF, Mess Dinners, team sports and events as well as other team-building activities (yes, even Courses!) is very likely having the same unseen effect on CAF members that it is having in the general public. We may not be seeing it, but that does not mean that it is not happening. In fact, it often only becomes obvious when a situation arises where it is needed: some kind of crisis. If I don't eat well, the evidence does not show-up right away. It's down the road, when a bug or flu comes along, that my lack of healthiness is manifest.

As a chaplain, my assessment is that most of our troops are doing well (we have not endured loss of income, like many civilians have). I wonder though what the next crisis (a flood, natural disaster, war?) will reveal, and if we are ready.

As far as I am concerned, as a chaplain, we cannot seek to get back to "normal" soon enough. I am ready for Ball Hockey, TGIF and Mess Dinners again; enough of them to make-up for last year. I hope, and pray, that 2021 will be a year to remember, too. I hope we remember it as a year where we took extraordinary efforts toward off-setting what last year heaped upon us and the Canadian public.



Photo by Edwin Hooper on Unsplash

a smile under a mask has been incredibly taxing on the vulnerable, as well as the general population.

This is not a medical assessment. These are not my numbers. They are the concerns of a chaplain. The facts above make my Spidey-sense more active, and concerned at what this likely causes to a community of professional soldiers. What it inevitably causes is my concern.

As a Military Chaplain, one of my main concerns is morale. A professional military risks its professionalism

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (Please contact the Chaplains for specific dates and times)

COMMUNITY SERVICES:

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. Please contact the Chaplain before setting the date for the wedding or arranging family travel.

Baptism: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Kevin Olive
(Pentecostal)
-Wing Chaplain
ext 5417

Padre Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

Padre Joshua Falk
(Nazarene)
ext 6914

Padre Greg Girard
(Reformed Church in America)
- Det. Dundurn
306-492-2135 ext 4299



**17 Wing Military
Community Chapel**
2235 Silver Ave
(west off
Whytewold/
Wihuri Road)

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Please contact the Chaplains for specific dates and times)

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Catholic Faith Community
Coordinator
ext 4885

Padre Antin Sloboda
(Ukrainian Catholic
Pastoral Associate)
ext 5087

TBD
- Mental Health Chaplain
ext 5086

COMMUNITY SERVICES:

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. Please contact the Chaplain before setting the date for the Baptism or arranging family travel.

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. Please contact the Chaplain before setting the date for the wedding or arranging family travel.

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

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Barristers & Solicitors

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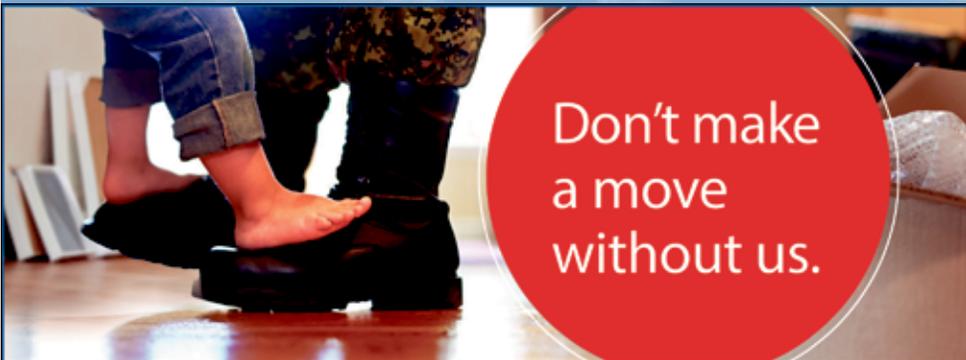
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